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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16 SHOPPERS DRUG MART

Thursday, November 7, 2013 metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

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'I'M NOT A VERY JEANS-Y PERSON'

SHANNON COOLY SIDE-STEPS JEANS DAY AT T.W.K. — IRKING SARAH NO. 3 — BUT PERKS UP WHEN SHE GETS A CALL FROM THE COMPLEX MR. XU PAGE 12

Snap, Crackle and ... oh

Up to 111 workers face being laid off at London's Kellogg's factory, the company says, due to a tough time in the industry PAGE 3

Chocolate-gate might just melt: Expert

An inquiry will likely find candidate's handing out of political chocolates is a minor incident: Prof. PAGE 4

Let's see Kramer take these little fists of fury

London sisters, 7 and 12, show their mettle at World Karate Championships PAGE 6

NEWS WORTH SHARING.

IS HE UNBEATABLE?

We'll soon see. London beatboxer Adam Dimla is among the best, and he's about to take on the rest at the Canadian Beatbox Championships in Toronto. Story on page 5. MIKE DONACHIE/METRO

EMDC inmate could have been saved: Union

Elgin-Middlesex Detention Centre.

Union leader calls for building to be modified so inmates can be watched

ANGELA MULLINS
angela.mullins@metronews.ca

Government action on complaints about conditions at the Elgin-Middlesex Detention Centre could have saved an inmate's life, a union leader charged Wednesday.

Poor building design and staffing shortages are partly to blame for a beating that left Adam Kargus dead and his cellmate, Anthony George, charged with second-degree murder, said Dan Sidsworth.

They're problems that have been highlighted for years.

"Assaults have been an issue ... and we're still raising our concerns to the employer," Sidsworth, provincial chair of OPSEU's corrections division, told Metro. "Design flaws need to be changed, the building needs to be modified so we can (watch the inmates)."

The province recently added security cameras at the facility in response to concerns. They've proven to be of little — if any — help, Sidsworth said.

"We don't have officers that are sitting there watching the cameras," he said.

Sidsworth declined to discuss details of Kargus' case, citing ongoing investigations by police and the Ministry of Community Safety and Correctional Services. But, he said, staffing shortages at night generally see inmates locked in their cells unsupervised.

Kargus, 29, of Sarnia, and George, also from Sarnia, were the only two people housed in their cell at the time of the beating. Kargus' body was found Friday morning.

Speaking during question period on Wednesday, London West MPP Peggy Sattler said "there were only two officers overseeing three units with a total of 150 inmates" the night Kargus died. There "should have been two officers in each unit," said Sattler, the NDP's community safety and correctional services critic.

Corrections Minister Madeleine Meilleur said Sattler is "speculating" on the numbers.

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Faux dough

Counterfeit alert: Fake $100 bills making rounds

London police are warning business owners to be on the lookout for fake $100 bills.

There's been an influx of counterfeit bills recently, police say, with most coming from the Canadian Journey series issued between 2004 and 2006.

The call comes days after Woodstock police said suspects entered several businesses and tried to pass counterfeit $100 bills.

At least four bills were accepted by clerks working registers, police said.

If money is believed to be counterfeit, it should be refused, and police should be contacted.

METRO

Accepting proposals

Government money to fight cyber, sexual violence

The federal government is accepting funding proposals for projects to help communities respond to cyber and sexual violence.

Applications will be accepted through Dec. 1, said London North Centre MP Susan Truppe, Canada's Parliamentary Secretary for Status of Women.

For details, visit women.gc.ca.

METRO

Create a better place

Good suggestion could reap Awesome reward

Have an idea you think is pretty awesome?

Well, there's a group in London that wants to hear all about it.

Awesome London is accepting applications for the latest round of an initiative that doles out $1,000 to people with innovative ideas for making the city — or Western University's campus — a better place.

With the money, people are expected to turn their ideas into reality. The application deadline is Nov. 11. Check awesomelondon.ca for details.

METRO

London's Kellogg plant sprawls over more than a city block on what's been named, appropriately, Kellogg Lane. MIKE DONACHIE/METRO

Kellogg's factory falls on lean times

London workers cut. Company blames 'excess cereal manufacturing capacity,' changing preferences

MIKE DONACHIE
mike.donachie@metronews.ca

Did you eat breakfast this morning?

If not, you might be hurting London workers.

Up to 100 workers face being laid off at the city's Kellogg's factory, the company has confirmed, and it's due to a tough time in the industry.

Kellogg's will cut about seven per cent of its total work force, totaling 2,200 jobs, by 2017, it said this week, as part of what it calls a "global efficiency and effectiveness program."

Already, 11 people have left the London plant, which makes cereals, including Corn Flakes, Frosted Flakes and Raisin Bran. More will follow by Jan. 1, and there are plans for the factory to be shut down for 10 weeks.

The company responded to calls for comment by issuing a statement on Wednesday.

"Kellogg currently has excess cereal manufacturing capacity in our North American network, including the London facility," the statement said.

"In order to minimize impact to our employees due to fluctuations in production, London plans to operate a more consistent, but reduced, schedule.

"As a result, up to 100 employees will be laid off at any given time, based on production needs."

Asked specifically about the effect changing appetites have had on the London factory, company spokesman Kris Charles said that has been a factor.

"There has been some pressure over the last couple of years on the cereal category from other breakfast choices," Charles said.

Globally

2,200

Number of jobs being cut worldwide by Kellogg's.

Locally

111

Number of jobs potentially affected in London.

Wellington. Explosives found behind theatre

Police are investigating after a package containing commercial-grade explosives was found in south London.

The package was discovered at about 7:30 p.m. behind the movie theatre on Wellington Road near Southdale.

Explosive technicians were called to the scene and disposed of the explosives. There was no threat to public safety, police said, because the explosives weren't equipped with an ignition device.

Police say three or four males ranging in age from 17 to 24 years old were seen in the area just before the package was found. Cops are looking to speak with those individuals.

Anyone with information is being asked to call police at 519-661-5680 or Crime Stoppers at 800-222-8477. METRO

12 hours. St. Thomas man prompts police standoff

A 31-year-old St. Thomas man is facing multiple charges after a police standoff that lasted more than 12 hours.

The man, whose name has not been released, barricaded himself inside a home on South Edgeware Road about 7:30 p.m. after his common-law partner reported an assault, police said.

Police negotiated with the suspect overnight, and the standoff ended at about 9:30 a.m. Wednesday.

The victim — a 30-year-old woman — has reported multiple assaults since the middle of September, police said. Injuries during the incidents are reported as minor.

Since the standoff, her common-law partner has been charged with three counts of assault, two counts of assault with a weapon, two counts of uttering threats and breach of probation. METRO

Chocolate coins controversy expected to melt away: Professor

London West byelection. Political science expert says fine unlikely for Tory candidate

MIKE DONACHIE
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The law says he could be fined $5,000, but byelection candidate Ali Chahbar probably doesn't need to get his chequebook out yet.

Elections Ontario is conducting an inquiry into the chocolate coins Chahbar handed out during this summer's London West byelection campaign.

But, despite the possibility of a fine under the Election Finances Act, Western University's Christine de Clercy said the incident's a minor one.

"It is a missing piece of information that should be there," said de Clercy, associate professor in Western's political science department. "By the same token, it's not like they dropped them in people's mailboxes anonymously. They were handing them out.

"If they investigate and find it's improper, the way these things are normally resolved is just a letter asking the candidate to be aware of this in future."

Canada's pretty well-behaved in its democratic processes, she added, and the authorities have rarely needed to get tough. The cases in which they have are a world away from Chahbar's, and involve improper advertising or polls used to harass rival candidates.

Chahbar, who came second to the NDP's Peggy Sattler on Aug. 1, has insisted his campaign was properly run and all the paperwork is in order.

Follow Mike Donachie on Twitter @Mike_Donachie

At a glance

- Ali Chahbar's Progressive Conservative campaign team handed out chocolate coins on July 31, the day before the London West byelection.
- The coins bore a political message, saying there was no difference between the Liberals and New Democrats.
- But they were missing the legally-required text saying it was authorized by the candidate or his campaign, which led to Elections Ontario looking into them.
- Elections Ontario has called its look into the issue a "preliminary inquiry" and has stressed it's not a formal investigation.

Canadian band Hedley coming to London on March 25

Hedley frontman Jacob Hoggard performs last year at Toronto's Air Canada Centre. The Canadian pop stars are making their way back to London for a March 25 show at Budweiser Gardens. Tickets — ranging from $36.25 to $66.25 — go on sale at noon Nov. 15. The London stop is part of a coast-to-coast tour in support of the Juno Award-winning band's fifth studio album, Wild Life, scheduled for release Monday. TORSTAR NEWS SERVICE FILE

Warning. New rules threaten endangered species: Watchdog

Endangered species like the grey fox and dwarf iris are at greater risk because of changes Premier Kathleen Wynne's government made behind closed doors, Ontario's environmental commissioner warned Wednesday.

The province undermined its widely hailed Endangered Species Act last July when it revised regulations on requirements for land development permits, Gord Miller said in a new report.

The change essentially leaves developers — such as forestry companies and quarry operators — on their own to follow species protection rules and prepare plans to mitigate any dangers to them, with the Ministry of Natural Resources in the dark about their efforts, Miller insisted.

That opens the door to abuse and ends what had been a "level playing field" because some companies will be tempted to cut corners, Miller said.

"It's a race to the bottom of standards," he said.

The new practice also no longer requires the permits and mitigation plans to be posted online on the Environmental Bill of Rights registry for public scrutiny, Miller said.

"It flies in the face" of Premier Kathleen Wynne's new push for more openness and transparency, the commissioner added.

"It's certainly not open government ... the public won't even know what's being done."

The endangered grey fox
CONTRIBUTED

Natural Resources Minister David Orazietti has previously said it is "unequivocally untrue" protections have been gutted.

Green Party Leader Mike Schreiner said the new system clears the way to "sell Ontario's endangered species to the highest bidder" and called on the government to impose user fees on industries on a cost-recovery basis for permits, as suggested in the Drummond report on sustainable public finances.

A number of scientists and environmental groups have previously raised concern about the changes, with the Wildlands League hoping to take the government to court.

"The Liberals have taken a brown turn," said the organization's spokeswoman Anna Baggio.

TORSTAR NEWS SERVICE

Thumbs up — Londoner Adam Dimla's beatboxing skills have led him to the Canadian Beatbox Championships.
MIKE DONACHIE/METRO

Don't box him in — London beatboxer out to beat 'em all

Adam Dimla. Londoner and relative newcomer to the art now ranks among Canada's best

MIKE DONACHIE
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Some people act cool or look cool — but this guy definitely sounds cool.

London beatbox artist Adam Dimla is good enough to rival the best in Canada this weekend. Dimla, 18, has only been beatboxing for two years and already he's been named among the top 16 in the country.

He'll be bringing his talent to Toronto on Saturday for the Canadian Beatbox Championships, a night of live battles and performances.

"Beatboxing is an art form," said Dimla, a student at Sir Frederick Banting Secondary School. "It's been underground for so many years, but it's slowly starting to grow into the world community, especially among the youth."

It's impressive stuff. Just like vocal sounds add up to speech, different sounds can be combined to make amazing music, Dimla explained.

"In beatboxing you have a plethora of different sounds and you use them in combinations to create different sounds and beats," he said. "They communicate messages and energy in performances."

The range is wide. The basic sounds, he said, start with a bass drum, high hat or snare, but experts can add sound effects like sirens, the dubstep wobble — made with buzzing lips and the tongue out — and the throat bass.

Dimla got into beatboxing as a summer project after a friend showed him some videos. He used YouTube tutorials to improve and was ready to perform at a school talent show after just three months.

People thought he'd been doing it for years.

Now he's performing across the city, including at coffee shops and charity events.

Recognition

"Beatboxing is an art form. It's been underground for so many years, but it's slowly starting to grow into the world community, especially among the youth."
London beatbox artist Adam Dimla

Hear him in action

The Canadian Beatbox Championships are at the Virgin Mobile Mod Club in Toronto.

- The competiton starts at 8 p.m. Saturday.
- Champion Scott Jackson of Toronto will be defending his title.

It's time — Sergeant Santa has come to collect

London's Randy Young, a.k.a. Sgt. Santa, is collecting toys and donations for military families in a 55-city tour through mid-December. ANGELA MULLINS/METRO

They call him Sgt. Santa.

And, like any good soldier, Randy Young is on a mission: showing children in military families that Canada is grateful for their parents' sacrifices.

With the holidays fast approaching, Young has set out on a journey that will take him to 55 cities between London, his hometown, and Petawawa. During each stop, he will collect toys and money, all of which will make its way to Petawawa's military base for distribution to kids at Christmas time.

"The walk is a 'thank you,'" he said, referring to the families who inspired him.

As president of Friends of Veterans Canada, Young has a close working relationship with soldiers.

The non-profit started a project seven years ago that's been gradually building a video library of veterans' stories. The videos — an estimated 300 hours of footage from about 155 people — are made available to schoolteachers across the country.

Young said the library is continuing to grow, and project leaders are working to make it available via online database.

He hopes to see his toy drive grow as well, turning into an annual effort dedicated to families at different military bases each year.

Right now, though, he's trying to make his way through the first year — one step at a time through large and tiny Ontario downtowns.

Young drives to the cities he's canvassing, but once he's there, he relies on the magic of pounding the pavement in his Santa suit — complete with a big white beard — to help generate interest.

He's put about 65 kilometres under his boots since the campaign started Monday at London's Cenotaph.

The goal, he said, is to collect 2,000 gifts by Dec. 15.

"I want every kid to get a present." ANGELA MULLINS/METRO

How to help

For details about making a donation to Randy Young's toy drive or Friends of Veterans Canada, visit friendsofveterans.ca.

Western. Hunker down, brace yourself for more asteroid arrivals: Research

Keep watching the skies, and you might want to wear a hard hat.

Experts at Western University say an event like the one involving an asteroid that exploded over Russia this year is likely to be repeated four times more often than previously thought.

In February, the detonation over the densely populated Chelyabinsk area grabbed attention all over the world.

The spectacular sight was, at its peak, 30 times brighter than the sun. Unsurprisingly, eyewitness videos were a huge hit online.

Now, after a seven-month study, an international research team including members of Western University's Centre for Planetary Science and Exploration (CPSX) has published remarkable findings.

Revealed in the scientific journal Nature, the findings will change theoretical models about the frequency of such events and the potential damage that could be caused, say the experts.

The team includes Western's Peter Brown, Margaret Campbell-Brown, Paul Wiegert and David Clark.

It estimates the total energy of the Chelyabinsk event, which shattered thousands of windows after an explosion 30 to 45 kilometres above the ground, to be equivalent to an explosion of around 500 kilotons of TNT.

"Existing models predict events like the Chelyabinsk asteroid might hit every 120 or 150 years, but our data shows the frequency may be closer to every 30 or 40 years," said CPSX director Peter Brown. "That's a big surprise."

MIKE DONACHIE/METRO

Quoted

"When Chelyabinsk happened, I would have never expected to see an event big enough to cause damage on the ground."

Peter Brown, director of Western University's Centre for Planetary Science and Exploration, on the calamity caused by an exploding asteroid in Russia earlier this year.

Showcase. Artfusion going all out for 4th anniversary

The creative people at Artfusion are promising "an art show unlike any other" as they celebrate their fourth anniversary.

Artfusion, which exists to showcase great art in London, is hooking up with co-working space Hacker Studios for the event on Nov. 23.

For one night only, Hacker Studios (246 Dundas St.) will be turned into an arts venue.

Every room on its two floors will be filled with art and music of a variety of styles, with a different vibe at every turn.

Artfusion is also completing the Stephen Watson Memorial Mural across the street, with the creation of another Watson piece, Play Time, on a wall. The aim is to raise $6,500 to complete the project, and details are at swmm.ca. METRO

Clothing drive

Keep kids kosy and toasty with koats

The Boys and Girls Club of London has started its 16th annual Koats for Kids campaign.

Donations are being accepted through Friday. Coats will be distributed to area children from 9 a.m. to 4 p.m. Saturday and 10 a.m. to 2 p.m. Sunday at the club (184 Horton St.).

Donated hats, mittens, scarves and boots will also be available. Families will be asked to show identification for each child receiving items. METRO

Lecture

Where the web, violence meet

Social media and sexual violence will be in the spotlight Thursday at Western University.

Educator, author and lecturer Jackson Katz will be at Althouse College from 7 to 9 p.m. to talk about "blurred lines" between the two topics.

Katz is co-founder of Mentors in Violence Prevention, an initiative used to prevent sexual and domestic violence in college and professional athletics across North America. METRO

Andrea, left, and Mateja Elaschuck show off some of their moves. The sisters recently took their karate skills to Italy for the world championships.

MIKE DONACHIE/METRO

Don't mess with these miniature black belts

Karate. Sisters Andrea and Mateja Elaschuck took on the world's best in Italy

MIKE DONACHIE
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Meet the toughest kids in London — and they've got the black belts to prove it.

The Elaschuck sisters are world-class, too, and they showed their mettle recently at the World Karate Championships in Italy.

Andrea Elaschuck, 12, came back to London with six gold medals, including four for forms and weapons and two for sparring. She also picked up a silver and a bronze in other classes.

And sister Mateja, 7, shares Andrea's talents. She won fifth place in sparring.

Both kids are students at Sir John A. Macdonald Public School, where they can hardly walk down a hallway without someone high-fiving them. Carefully.

"It's been crazy," said Andrea. "It's awesome."

The congratulations are deserved, said school principal Jennifer Arndt, who is "absolutely proud" of the sparring sisters.

"They're great students, great role models and wonderful athletes," she said.

The girls started karate about three years ago and train five days per week at Michael Bernardo Family Karate and Cardio Kickboxing.

The black belts may be a little intimidating, but they are at junior level. The sisters won't be able to earn full black belts until they're 16 years old.

Quoted

"We have everybody congratulating us every day."

Andrea Elaschuck, 12-year-old karate champion

Complaints from wireless users are skyrocketing according to a non-profit agency that tracks and tries to resolve telecom disputes.

TORSTAR NEWS SERVICE

Wireless complaints climb: Report

As Ontario takes action to make wireless contracts more consumer-friendly, an agency that tries to resolve disputes with telecom firms says complaints about the industry are soaring.

Complaints about wireless roaming rose 240 per cent in one year, according to Canada's Commissioner for Complaints for Telecommunications Services (CCTS). Complaints about inaccurate or inappropriate reporting to credit agencies increased by almost 165 per cent in one year, the agency says in its annual report released Wednesday.

Overall, the non-profit agency handled 14,036 customer complaints in 2012-13, up sharply from 10,678 in the previous year.

Concerns included those about termination charges and the ability to cancel or suspend service temporarily.

The agency also heard from many customers whose telecom providers had referred them to collection agencies, even though they had paid their accounts.

"In some cases, customers were disputing a charge with the CCTS and were still referred to collections," commissioner Howard Maker said.

TORSTAR NEWS SERVICE

In this photo from 2002, Palestinian leader Yasser Arafat pauses during Friday prayers in his headquarters in the West Bank city of Ramallah. Al-Jazeera is reporting that Swiss scientists have found evidence that Arafat died of poisoning, publishing a copy of what it said was the scientists' report on its website on Wednesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS FILE

Arafat may have been poisoned

Report. Swiss scientists say the Palestinian leader's death could be due to a rare, deadly radioactive isotope

Swiss scientists have found evidence suggesting Yasser Arafat may have been poisoned, TV station Al-Jazeera reported Wednesday, prompting new allegations by his widow that the Palestinian leader was the victim of a "shocking, shocking" crime.

Palestinian officials have long accused Israel of poisoning Arafat, a claim Israel has denied. Arafat died under mysterious circumstances at a French military hospital in 2004, a month after falling ill at his West Bank compound.

The findings reported Wednesday appear to be the most significant so far in an investigation into Arafat's death initiated by his widow, Suha, and Al-Jazeera.

Last year, Switzerland's Institute of Radiation Physics discovered traces of polonium-210, a deadly radioactive isotope, on some of Arafat's belongings. Soil and bone samples were subsequently taken from Arafat's grave in the West Bank.

On Wednesday, Al-Jazeera published the Swiss team's 108-page report. The results "moderately support the proposition that the death was the consequence of poisoning with polonium-210," the report said.

Polonium is a rare and lethal substance. The element can be a byproduct of the processing of uranium, but usually is made artificially in a nuclear reactor or a particle accelerator.

The examination of Arafat's remains found "unexpectedly high levels" of polonium-210, the Swiss team wrote.

THE ASSOCIATED PRESS

Saudi Arabia

Huge crackdown on illegal workers leaves 1 dead, 16,000 arrested

Saudi police killed an Ethiopian migrant who tried to flee arrest, authorities said Wednesday, as a crackdown on foreigners working illegally in the kingdom widens with more than 16,000 arrests. The security sweep comes after months of warnings by the Saudi government, which has created a special task force who are combing shops, construction sites and restaurants in search of foreign workers without proper permits.

THE ASSOCIATED PRESS

Looking for 'closure'. Hijacker returns to U.S. from Cuba to face justice

An American who hijacked an airliner to Cuba nearly 30 years ago flew back home Wednesday to face U.S. justice.

FBI agents took William Potts, 56, into custody shortly after his flight from Havana landed at Miami International Airport, said an FBI spokesman. Potts faces a 1985 federal indictment for hijacking a Piedmont Airlines flight in 1984.

In interviews prior to leaving Cuba, Potts said he was seeking "closure" and hoped to convince U.S. prosecutors to give him credit for the 13-plus years he spent in Cuban prison for hijacking the flight.

Even though Potts could have stayed in Cuba, he decided to come home and take his chances with the legal system.

"It's time it had closure. Why leave it hanging, why leave this gaping uncertainty?" he said. "So I want to resolve that because … having completed my sentence, I feel like I want to put all that stuff behind me. I don't want that lingering over or impeding anything I might want to do. Once you've paid your debt to society you're entitled to a fresh start."

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Now the hard part. Tories scrambling to figure out the small print in those three Senate suspensions

Scandal on his doorstep: Prime Minister Stephen Harper answers questions in the House of Commons on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Questions, questions … The Conservative government is scrambling to figure out what the suspensions of three of its own senators actually mean.

Tuesday's suspensions of Mike Duffy, Pamela Wallin and Patrick Brazeau for allegedly fraudulent expense claims are without precedent and the government still hasn't figured out all the answers.

Are the three entirely off the public payroll, as Prime Minister Stephen Harper claims.

Is Duffy eligible for a disability allowance?

Will the trio's time in political purgatory — as much as two years — count toward the six years of service needed to be eligible for a generous parliamentary pension?

Good questions — and it's up to the Senate to answer them, said Treasury Board President Tony Clement, the chief guardian of the public purse.

Quoted

"They've been making this whole process up as they go along."

James Cowan, Senate Liberal leader, claiming the Tories rushed the suspensions through.

"You're asking very legitimate questions and there should be answers to those questions," Clement said Wednesday, stressing that the Senate runs its own internal affairs.

"I honestly don't know the answer to that."

Claude Carignan, government leader in the Senate, called the questions "technicalities" that will be sorted out by the administration.

Wallin's lawyer, Terrence O'Sullivan, told Global News she will consider legal action if the Senate tries to tamper with her pension eligibility.

THE CANADIAN PRESS

Ford: No, no, no!

Friends, foes plead.

Toronto mayor refuses to step aside and get some help after his crack bombshell

Not a care in the world? Toronto Mayor Rob Ford shows staffers' children around city hall on Wednesday — Take Your Kids To Work Day. CHRIS YOUNG/THE CANADIAN PRESS

Crack-smoking Toronto Mayor Rob Ford has united the political spectrum.

Both conservative and left-leaning politicians are telling him to step aside in the wake of his bombshell admission he has smoked crack cocaine during his time in office.

When the Toronto Star and the U.S. website Gawker first reported in May that a video showed the mayor smoking crack, Ford denied it and his closest allies stood by him.

But now he has admitted to the drug use and police have said they have the video, politicians of all stripes are urging him to get help.

Deputy Mayor Norm Kelly said Wednesday: "I'm inviting him today ... to take a pause with all its advantages, because it's the one option that looks after all of the issues on the table."

Ontario Opposition Leader Tim Hudak said that if Ford called him for advice he would tell him to put his family first and get healthy.

Fervent City Hall ally Coun. Frances Nunziata said she and fellow supporters are urging him to take a leave of absence. "I was hoping he would listen to us, as strong supporters."

Right-leaning Coun. Giorgio Mammoliti stressed there is no need for panic.

"We have a very capable deputy mayor and dedicated councillors to carry forward with the fiscally responsible agenda we were elected to implement, he said.

Municipal law makes no provision for the mayor's forced removal from office unless he's convicted and jailed for a criminal offence and the province has said it has no plans to amend the law. "Obviously these are troubling allegations and the city has tools at its disposal should they choose to use them," said Municipal Affairs Minister Linda Jeffrey.

"We have no plans to step in. There's an ongoing investigation," Jeffrey added.

Denzil Minnan-Wong, who plans to table a non-binding motion asking Ford to take a temporary leave of absence, said he's "concerned" about the possibility City Hall hasn't seen the end of revelations about the mayor.

"I don't know what it is, but there's more information that will likely come out."

THE CANADIAN PRESS

Making a hash (tag) of it!

The Twitter-sphere is buzzing — thousands have issued scolding tweets about the behaviour of Rob Ford.

- **UH-OH.** Rob Ford, a professor at the University of Manchester in Britain, has received a barrage of fiery tweets — and he's not too happy.
- **NOT AMUSED.** "It seems the other Rob Ford is in trouble again," the U.K.'s Ford tweeted. "Torontonians, I am not him. I am much more boring."
- **LAST STRAW.** He also tweeted: "Not fat, not Canadian, not a mayor of anything."

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Web giant floats a barge theory

Internet giant Google says it is exploring using a large barge as an interactive learning centre.

A Google statement may help end weeks of speculation about two barges, one being built in the San Francisco Bay, another off Portland, Maine.

"Google Barge ... A floating data centre? A wild party boat? Sadly, none of the above," says the statement.

THE ASSOCIATED PRESS

Green rush: U.S. investors get high on strong profits

MassRoots has rolled legalization of marijuana in three U.S. states into a high-grade social media app for consumers. CONTRIBUTED

Budding business. The legalization of marijuana in some U.S. states has sparked massive growth, with $2.3B US in projected sales in 2014

KIERON MONKS
Metro World News in London, U.K.

A year after the first three U.S. states legalized marijuana, it has become an irresistible commodity in a booming industry. Conformation of the revolution came in Seattle this week, where investors paid over $1,000 US just to attend a startup fair and have the chance to buy in.

"It's an extremely professional event full of high-quality opportunities," says Isaac Dietrich, CEO of MassRoots, a social media app for consumers. The 21-year-old has secured $150,000 US in investment from hedge fund managers, and the only way is up.

"It's an incredibly exciting industry to be a part of," says Dietrich. "We're even drinking with companies competing with us, as there are so many new markets and more than enough money to go round. Every day there is more good news."

That news includes projected sales figures of over $2.3 billion US next year, according to investors circle ArcView, representing growth of 64 per cent — the fastest of any domestic industry.

Market Minute

DOLLAR 95.99¢ (+0.37¢)

TSX 13,380.41 (+18.70)

OIL $94.80 US (+$1.43)

GOLD $1,317.80 US (+$9.70)

Natural gas: $3.50 US (+2¢)
Dow Jones: 15,746.88 (+128.66)

Hire a veteran

Starbucks brews up plan to give war vets jobs

Starbucks says it plans to hire at least 10,000 veterans and military spouses over the next five years.

Several companies in recent years have committed to hiring veterans or military spouses.

THE ASSOCIATED PRESS

B.C. tree planters

Discrimination case nears end

The B.C. Human Rights Tribunal will hear final arguments next month as it considers the case of a group of tree planters who allege they endured slave-like conditions and discrimination while working at a remote camp in southeastern B.C.

THE CANADIAN PRESS

Rogue rollbacks

Walmart website posts unreal prices

Treadmills for $33? Computer monitors for $9? The deals are too good to be true — even at Walmart.

It turns out they're not.

Walmart says a "technical error" caused certain products to be priced absurdly low or high on its website earlier Wednesday morning. THE ASSOCIATED PRESS

Random biz fact of the day

88%

The job-rejection rate if you have a photo of yourself on your CV.
NEXCAREER

FENG LI/GETTY IMAGES FILE

ONTARIO ENERGY BOARD NOTICE
ONTARIO POWER GENERATION INC.

Ontario Power Generation Inc. has applied to raise its payment amounts. Learn more. Have your say.

Ontario Power Generation Inc. has applied to the Ontario Energy Board to increase the amount it charges for the output of its nuclear generating facilities and most of its hydroelectric generating facilities. If approved, this would result in an increase of about $5.36 each month for the typical residential customer beginning on January 1, 2014. Other customers, including businesses, may be affected as well.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING
The Ontario Energy Board (OEB) will hold a public hearing to consider Ontario Power Generation Inc.'s (OPG) request. We will question the company on its case for a payment amount increase. We will also hear arguments from individuals and from groups that represent consumers of electricity. At the end of this hearing, the OEB will decide what, if any, increase will be allowed.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY
You have the right to information regarding this application and to be involved in the process. You can:

- review OPG's application on the OEB's website now.
- sign up to observe the proceeding by receiving OEB documents related to the hearing.
- file a letter with your comments, which will be considered during the hearing.
- become an active participant (called an intervenor). Apply by **December 1, 2013** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- at the end of the process, review the OEB's decision and its reasons on our website.

LEARN MORE
These payment amounts relate to generation from OPG's nuclear facilities and most of its hydroelectric facilities. They make up part of the Electricity line - one of the five line items on your bill. Our file number for this case is EB-2013-0321. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case please select the file number on the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS
There are two types of OEB hearings – oral and written. The OEB has decided that it will proceed with an oral hearing for the major issues in this application. If you have any comments with respect to the need for an oral or a written hearing, you can write to the OEB to explain.

PRIVACY
If you write a letter of comment or sign up to observe the hearing, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This rate hearing will be held under section 78.1 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B).

Ontario

Ontario Energy Board *Commission de l'énergie de l'Ontario*

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SKU: 991-811-981-0001

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SKU: 991-811-980-0001[5]

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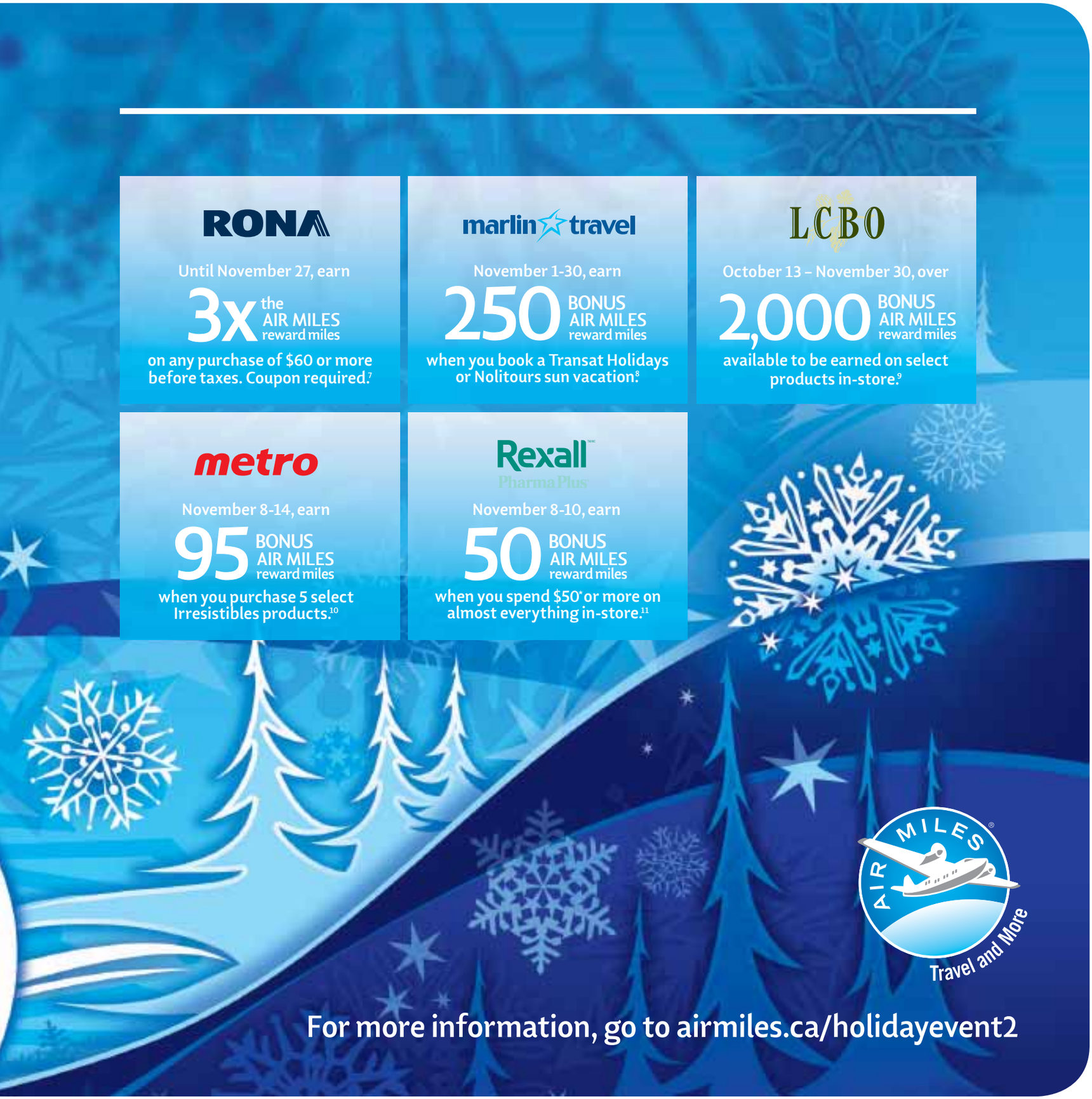
with Shell V-Power premium fuel.

OR **2x** the AIR MILES reward miles
with Shell Bronze, Silver or Diesel fuel.* No coupon required!
*Minimum $30 fuel purchase per transaction.[6]

1 Michaels: AIR MILES Bonus offer valid November 8-14, 2013 on a purchase of $50 or more including taxes and service fees. Offer valid at participating Michaels locations in Canada, excluding Quebec. AIR MILES Collector Card must be presented at time of purchase. Qualifying purchase must be spent in a single transaction. No coupon required. Offer applies to the total base reward miles earned on a qualifying purchase. Michaels base offer is 1 reward mile for every $25 spent in each calendar month. Does not include Michaels® Buy the Bunch™ Customer Special Order Service. Other exclusions may apply. Reward miles will be posted to AIR MILES Collector Account within 60 days of purchase date. Michaels and the Michaels logo and other trademarks and logos used on this site are owned or licensed by Michaels Stores, Inc. All rights reserved. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Michaels Stores, Inc. **2 TRU/BRU**: Earn 10X AIR MILES® reward miles when you spend $80 or more. Bonus AIR MILES® offer is valid November 8-10, 2013 when you present your Collector card at time of purchase at any Toys"R"Us and Babies"R"Us store location and online at toysrus.ca and babiesrus.ca. Offer not valid in Quebec stores. Excludes all taxes, shipping charges, delivery services, assembly services, buyer protection plans, gift cards, electronic levies, charitable donations, environmental fees and other third-party fees. Other exclusions may apply. See store for details. Valid for a minimum purchase of $80 in a single transaction. No coupon or promo code required. Offer cannot be combined with any other AIR MILES® Offer, with the exception of Bonus offers on products. Bonus offers are only applicable for in-stock merchandise for the duration of the offer. Please allow 8 weeks post-promotion for Bonus reward miles to be credited to your Collector Account. Base offer is 1 reward mile for every $30 spent at any Toys"R"Us and Babies"R"Us store location and online at toysrus.ca and babiesrus.ca in each calendar month after all discounts and exclusions (listed above) are applied. ®/™Trademarks of AIR MILES® International Trading B.V. used under license by LoyaltyOne, Inc. and Toys"R"Us (Canada) Ltd. **3 Staples:** Offer valid November 8-10, 2013. Earn 20 Bonus AIR MILES reward miles on eligible purchase(s) with a net transaction of $75 or more in a single transaction, after discounts and before taxes. AIR MILES Collector Card must be included at time of purchase. Offer valid at all participating STAPLES in-store locations. Not valid on phone or online orders at Staples.ca. Exclusions include, but are not limited to, all taxes, delivery services, assembly services, all gift cards, self-serve copying, charitable donations, electronics levies, environmental and other third-party fees. Other exclusions may apply. See Staples associate for details. STAPLES® and that was easy® are registered trademarks of Staples, Inc., used under licence by Staples Canada Inc. ®/™/†Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Staples Canada Inc. **4 TCP:** Bonus AIR MILES offer is valid November 8-10, 2013 at all Canadian locations when you present your Collector Card at the time of purchase. Offer not valid on online purchases. No coupon required. Valid for a minimum purchase of $60 in a single transaction, net of refunds and exclusive of taxes, discounts, and gift card purchases. Offer not valid in Quebec. Offer cannot be combined with any other AIR MILES Bonus offer. This is an exclusive offer and is non-transferable. The Children's Place reserves the right to change or cancel the offer at any time. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and The Children's Place (Canada) L.P. **5 The Shoe Company:** Base offer is 1 reward mile for every $20 spent excluding online shipping and taxes. Limit 1 coupon/offer per transaction. Offer applies to each item when the purchase totals the required amount (excluding taxes).


RONA
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metro
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95 BONUS AIR MILES reward miles
when you purchase 5 select Irresistibles products.[10]
Rexall
Pharma Plus
November 8-10, earn
50 BONUS AIR MILES reward miles
when you spend $50* or more on almost everything in-store.[11]
AIR MILES
Travel and More
For more information, go to airmiles.ca/holidayevent2

Offer cannot be combined with any other offer/coupon. No cash value. Offer valid at time of purchase with coupon only, applies to total base reward miles earned and cannot be combined with any other offer. Offer valid November 8-10, 2013. **6 Shell:** Offer valid November 4 – December 8, 2013 at participating Shell locations. Minimum $30 Shell V-Power[®†] premium fuel purchase required per transaction to earn the 10x offer. Minimum $30 Shell Bronze, Silver or Shell Diesel fuel purchase required per transaction to earn the 2x offer. Maximum number of 290 reward miles to be awarded per qualifying transaction. No coupon required. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Shell Canada Products. ®Trademark of Shell Brands International AG. Used under license. **7 RONA:** Excluding taxes and the purchase of gift cards. Offer valid November 7-27, 2013. AIR MILES Bonus offer available at participating RONA stores upon presentation of the coupon. Cannot be combined with any other offer, with the exception of Bonus offers on products. Bonus offer applies to the total base reward miles earned on qualifying purchase amount. Some conditions apply. Details in-store. **8 Transat:** Offer is valid on new, individual Transat Holidays and Nolitours vacation packages only including airfare and a minimum of 7 nights accommodation at a participating resort, booked between November 1- 30, 2013 for departures December 21, 2013 – April 30, 2014. Not applicable on group rates, child fares, land-only bookings or last-minute bookings (21 days or less prior to departure). Bonus offer cannot be combined with any other promotional offer except Early Booking Bonuses. Limit of one Bonus offer per room booked. Other conditions may apply. Full offer details are available from your Marlin Travel Professional. Offer Codes: MATTC250, MANOL250. Marlin Travel is a division of Transat Distribution Canada Inc. ON Reg. #50015084. BC Reg. #23567. Head Office: 191 The West Mall, Suite 700, Etobicoke, ON, M9C 5K8. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc., and Transat Distribution Canada Inc. For a complete list of participating hotels/resorts, visit www.marlintravel.ca. **9 LCBO:** Bonus AIR MILES® reward miles available on selected products from October 13, 2013 to November 30, 2013 at the LCBO. Offer available in Ontario only. While quantities last. Offer subject to change without notice. See store for details. **10 Metro:** Offer available on select Irresistibles products. Offer available only at select Metro locations in Ontario excluding Thunder Bay, from November 8-14, 2013. Bonus AIR MILES® reward miles will not appear on your cash register receipt. They will be automatically credited to your AIR MILES® Collector Account. Offer subject to change without notice. Some conditions apply. See in flyer for full details. Limit of one AIR MILES Bonus offer per collector account per day. **11 Rexall:** Offer valid November 8-10, 2013. Minimum purchase of $50 or more before taxes, after discounts and exclusions. Coupon must be surrendered at time of sale. One offer per applicable transaction only. Some exclusions may apply. See cashier for details. AIR MILES reward miles Bonus offer cannot be combined with any other AIR MILES reward miles Bonus offer or coupon offer at Rexall. No cash value. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Please allow 4-6 weeks after the offer date for reward miles to be deposited to your AIR MILES Collector Account. Rexall™* and Rexall™* Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay and Western Provinces.

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 4

metronews.ca/temp

Who's the boss?

Meet and grit: How to get ahead

You've likely heard the saying "It's not what you know, it's who you know."

While some might view temp work as just a way to make ends meet, it could be an opportunity to get a better job down the road.

Human-resources expert Laurie Ruettimann told monsterworking.com that being a temporary employee might not land you a full-time gig with a certain company, but the people you connect with could open up future employment doors for you. **METRO IN EDMONTON**

Social security

A way to get your foot in the door

While the money isn't always great, the payoff can be "unbelievable," said a consultant at Supertemp in Halifax, who declined to be identified.

"You meet a lot of clients and companies you wouldn't have a foot in the door with otherwise," she said, adding that about 25 per cent of Supertemp's clients transition to full-time work. **METRO IN HALIFAX**

GETTY IMAGES

Temp's Lack of Jeans Day Spirit Irks Co-workers

I walked into the office the next morning only to experience that sickening pang we all dread: jeans day — enforced perkiness among the girls, while the guys make theatrical, creepy, ass-gazing gropey faces in the lunchroom. No jeans for me.

My jacket wasn't even off when Sarah No. 3 stuffed a wad of documents covered with sticky notes into my hand. "I need these alphabetized like we did last week."

"Fine."

She stared at me.

"Is there a problem?" I asked.

"You know, it wouldn't have been so hard to throw on some jeans today."

"I'm not a very jeans-y person."

"Morale is really down around here and we need some fun."

"OK…"

"It's not even for us, Shannon. It's for the kids."

I gagged and then the phone rang: "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. One moment, I'll connect you." Then the Danimal rolled up to the desk, winking like mad. "How was last night's, ummm … date?"

"Date? It wasn't a date. It was Mister McFunbury's for exactly 120 minutes."

"And what was Mr. Xu like?"

I wanted to keep my secret. "Nice enough. Limited English, though."

"Did he say anything about the company I should know about?"

Boy did he ever! "No. Mostly we just stared at the How I Met Your Mother reruns playing on the screen above the salad bar." A total lie. "I don't think he's very espionage-y."

"Oh." Danimal seemed let down.

Just then Kyle walked in with a delivery. "Hot and heavy at McFunbury's last night, huh?"

I was peeved. "What the —? It's none of your business, Kyle. And who told you?"

"I was driving back from the oil refinery. Saw you there with your date. Senior's Night, too—rocking!"

Jeans day — enforced perkiness among the girls, while the guys make theatrical, creepy, ass-gazing gropey faces in the lunchroom.

"The refinery? Why were you there?"

"I'm applying for a job."

"Oh." Kyle was acting as if he and I are somehow a real couple. At the same time, there I was getting surprisingly verklempt thinking of no more Kyle, with him working at that big gross refinery for the rest of his life.

Kyle said, "I'm sick of being a temp on wheels, and it's occurring to me that I'll never even be middle class let alone some big success story, and maybe I need to get my foot in the door at a place that is never going to go out of business — hence oil."

The phone rang; it was Xu. "Gotta take this, guys." I picked it up. "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899."

Kyle and the Danimal lumbered off.

I lowered my voice into the receiver. "Hey Shoeboy. How you doing?" **TO BE CONTINUED…**

Random fact of the day

We're obsessed with hole foods:

- There are more doughnut shops in Canada per capita than any other country.

SOURCE: CBC.CA

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NOT GOING TO (C)RACK AND RUIN

HE SAYS

John Mazerolle
metronews.ca

Take a deep breath, everyone.

I'm not going to make a single crack-related pun, because as a front-line witness to this extraordinary week I think it would be in everybody's best interests if I made multiple crack-related puns.

I live in Toronto, and can't begin to explain how dreamlike it's been since police found the video of Mayor Rob Ford smoking cracky tabaccy.

It's one thing to see it from a distance and laugh, but when it's happening right in your city and — uh, hold on, the pro wrestler Iron Sheik just arrived at city hall to challenge Ford to a fight — as I'm writing this.

This will be my last column. I'm off to live in the woods.

Crack is wack: The last few days have been unreal even without professional wrestling; it's like I've been ingesting some intense, illegal narcotic that gives intense feelings of euphoria and disorientation. (EDS: Will be more specific when I think of one.)

As one example, Ford, again as I write this, is showing kids around city hall for Take Your Kids to Work Day. Meanwhile, one of the local news papers has published a lifestyle article, "How To Talk To Your Children About The Mayor."

I live in the Twilight Zone.

Ford is a surreal mayor to begin with. His successful platform of law, order and honesty from an average Joe is an awkward fit for a disorderly crack-smoking liar from a well-to-do family. He also says he's pro-car, but I'm starting to think the next round of court documents will show that whenever nobody's looking he hops on a bicycle.

At least half my conversations lately have been with friends from outside the city who ask: "So, uh… what's up with your mayor?" They ask in a curious but cautious tone, the way you might ask a friend about their upcoming sex change. "We love you no matter what, but could you explain it to me?"

Makes me wonder what it's like at home for people who support Ford. Do they get calls from out-of-province friends who say, "Saw your mayor smoking crack on the news. So jealous! Mine just flips burgers and cuts ribbons."

I used to try to explain Ford's appeal — the suburban support, the fiscal conservatives, but from now on I'm just going to say that 45 per cent of Torontonians adore crack. The city's just as liberal as you've heard, everyone! Pot, schmot. Let's legalize everything!

Besides, I'm not worried about our international reputation the way some people are. It's not like people aren't going to London, England, because of Mayor Boris, who from a distance sometimes seems like a Ford that drives on the left. And I don't think many people look at Jeffrey Dahmer and think, "Well, that's Wisconsin for you!"

I'm done worrying about Ford. As the mayor himself might say, we need to move forward, not crackward.

I say Toronto — and Canada — should embrace its crazy characters, the mayor included. Otherwise we might go insane. Or put another way, we laugh that we may not crack.

And ... exhale.

ZOOM

Mudslinging? It's mud-singing!

DANIEL TRIM/REX FEATURES

Funny fish seem to be operatic

These wide-mouthed amphibious fish look like they are duetting in an audition for a singing talent show. Wildlife photographer Daniel Trim couldn't believe the strange display unfolding when he spent time watching a group of mudskippers (Oxudercinae).

He observed them pulling a range of funny poses as they languished in the mud at Krabi in Thailand.

"The two mudskippers became very aggressive and lined up side-by-side and postured making strange 'popping' and 'gurgling' noises before viciously attacking each other for several minutes. The loser did eventually retreat with only its pride in tatters," Trim said.

METRO

Living the life

- These amphibious fish live in the Indo-Pacific region and the Atlantic coast of Africa. Many species of mudskipper spend 90 per cent of their time on land.
- These fish fill their gill chambers with water, creating an oxygen tank that allows them to breathe out of water.

Quoted

"This may look like two drunk friends singing their hearts out but this is a territorial display as one male ventures too close to another's burrow."

Daniel Trim, 26, wildlife photographer

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Learning to code and design websites doesn't have to be a difficult or expensive project at all. Start with these three resources, and you can get started tonight in your own home at zero cost.

SCREEN GRAB

W3 Schools:

The grandaddy of them all, W3 offers free tutorials in pretty much any development technique you'll need to know in a clean and easy format. An easy recommendation for somebody looking to learn. (w3schools.com)

Code Racer:

Gawd! Lessons and tutorials are just soooooo boring, though, right? How about a little gamification, instead? Swiftly code your way through a series of challenges to get ahead of the competition on the race tracks. Badges. Achievements. It's like Candy Crush, but worth your time. (coderace.me)

Mozilla Developer Network:

A massive wiki curated by devotees of an open web, you'll find a great mix of demos, tutorials and developer guides. Brush up on your skills here before challenging foes on the Code Racer track if you happen to be a sore loser. (developer.mozilla.org)

Twitter

@metropicks asked: Canadians are known for politeness, hockey talents and Bryan Adams. Oh and a crack-smoking mayor. What do you think of our new reputation?

@serpentina66: At least now we can sit at the 'cool' table at the UN.

@MadonaW: People act like he's the only person in office that has done anything "bad" I say random drug tests for all politicians #whatnow

@Jihzay_: I bet a surprising amount of mayors smoke crack. Most just avoid video cameras.

@stopspanglish: Ahem, *Toronto* is known for having a crack-smoking mayor.

@Vokal_Apinyawns: @chelseahandler brought @TOMayorFord up on yesterday's show. I am concerned about our reputation. #RealPriorities

@livelifeinneon: only a matter of time before we had some scandal. Maybe now people will stop saying "Eh" to us all the time.

@SteveDodd: NO NO NO Toronto is known for its mayor. He doesn't represent Canada thank you.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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SCENE 2

Chasing light and time

The Golden Hour.
London filmmaker offers sneak peek screening of his latest and most intense film yet

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

London filmmaker Jason Gray behind the camera while working on his film The Golden Hour. COURTESY MARK DREWE

We wait ages in the hot afternoon sun for an empty-looking streetcar.

When we climb in, he jets straight to the back and sits down, bracing his arm against the top of the seat to steady his camera, his eyes narrowing as he zeros in for the shot. I watch the reflection of the street flicker and go in and out of focus through the viewfinder as we pass through a tunnel in the fading light.

We are on a mission to get the very last shot of the film he has been labouring over for two years — The Golden Hour.

"Got it," he snaps, waking me from my dreamlike state.

And we step off the streetcar back into reality.

Jason Gray writes, directs, films, edits and even scores his own films. He knows that this is what he was meant to do with his life.

"There is nothing that makes me happier," Gray says passionately. "That moment, when you are right in it, there is a euphoria you experience (that) I can't put into words."

The London filmmaker is having a screening preview of his third and most important short film at 9 p.m. Nov. 18 at Hyland Cinema (240 Wharncliffe Rd. S.).

The Golden Hour tells the story of lovers Daren and Amber. Daren is sick in hospital and Amber breaks him out so they can spend one last night together. As he shares his stories, she becomes the keeper of his memories.

"When there is limited time there is a certain vibrancy that comes through so the colour gets brighter and brighter just before it's gone," says Gray, whose personal health struggles have made him more appreciative of the finite nature of time.

"Suddenly all the things you take for granted are the most amazing things ever because you're never going to get to do them again.

"I wanted to make a film in that space — with that level of intensity."

Light and time weren't the only elements Gray chased in making the film.

He spent weeks with his arms plunged into the murky waters of The Bloomin Bog Water Gardens in Ilderton, capturing the underwater development of the lotus flower, a prominent symbol in his film.

"These are images no human eye has ever seen in this particular place. It starts out under the water and chases the light and eventually breaches the surface of the water. It's the undercurrent of the film," says Gray.

Around town

- **Tunes.** Future Islands and Dreamsploitation play The APK (347 Clarence St.) at 9 p.m. Tuesday. Cost is $7.
- **More tunes.** Poor Young Things play Call the Office (216 York St.) at 9 p.m. Thursday (Nov. 7). Cost is $5.

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16 SHOPPERS DRUG MART

Maybe it's because the indignities suffered by unpaid college students and post-grads provides sexier fodder, but Hollywood is much more enamoured with interns than temps. The spotlight hasn't completely eluded temporary workers, although sunny movies about short-term desk jockeys are in short supply. Temp flicks tend to go dark.

MIKE DOJC/FOR METRO

5 Temps on film

Clockwatchers

Clockwatchers casts an incisive eye on the everyday travails faced by short-term jobbers (Toni Collette, Parker Posey and Lisa Kudrow) from nobody knowing your name to dealing with maladroit managers, and being shunned in the cafeteria by permanent co-workers. **Lasting Effect:** This office-culture classic set the bar for future films about mind-numbing drudgery, patronizing bosses, and grand theft office supplies.

In the Company of Men

In order to get revenge on womankind two middle managers (Aaron Eckhart and Matt Malloy) conspire to emotionally destroy a deaf temp. They make a pact to make her fall in love with each of them and then break her heart. **Lasting Effect:** Neil LaBute's filmmaking career achieved liftoff after this adaptation of his play. Critics salivated over this envelope pusher and kept on drooling until he remade The Wicker Man.

The Temp

When a cookie company exec's admin assistant takes a leave of absence, the temp who fills in (Lara Flynn Boyle) appears to be a miracle worker. But alas, this is a thriller — so she could possibly be a psycho. That means there's a mounting body count and a twist at the end as tends to be the prerogative of early '90s flicks in the Basic Instinct mould. **Lasting Effect:** Lara Flynn Boyle's bad girl cred remains intact. She recently played the evil witch in Hansel & Gretel Get Baked.

Office Space

This cubicle comedy about working stiffs driven to the edge by their Kafka-esque work environment is a Gen X fave. Office Space may not ostensibly be about temping but it's worthy of inclusion. The inspiration for this classic was a soul-sucking temp job director Mike Judge had in which he was tasked with alphabetizing purchase orders. **Lasting Effect:** A red Swingline stapler is featured prominently in the film but the company didn't have a model that colour — a set designer painted it. Spurred by rabid Office Space fans, Swingline debuted their Rio Red, still a hot seller.

Haiku Tunnel

Absent both Japanese poetry or an underground passageway, this art house agony-of-office-work flick centres around a serial temp in both his career and personal life who is placed at a law firm where he takes on a permanent position. The change from temp to perm wreaks psychological havoc and the former temp can't seem to complete a menial task of mailing 17 of his boss' letters. **Lasting Effect:** The expression "go perm" received a mild pickup.

Justin Bieber. ALL IMAGES GETTY

Spray what you like about Justin but he loves graffiti

The website of Brazil's biggest news outlet published photos Wednesday it says show pop star Justin Bieber spray painting graffiti on a wall. And it adds that police want to question him about it. The O Globo newspaper reported that photographers snapped photos of Bieber as he painted graffiti on a wall of the former Hotel Nacional in Rio de Janeiro Tuesday morning. Defacing buildings is a crime in Brazil punishable by up to one year in jail and a fine. O Globo said police went to the mansion Bieber rented in Rio to question him, but he was not there. Phone calls and emails to the police department for more details went unanswered. Calls and emails to Bieber representatives Melissa Victor, Nick Styne and Aaron Rosenberg were not returned. In the Colombian capital of Bogota, where he performed last week, Bieber upset authorities when he spray-painted graffiti on a wall along one of the capital city's main avenues while being escorted by officers in a police car. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Will Smith stepping out with co-star Margot Robbie?

THE WORD
Dorothy Robinson
scene@metronews.ca

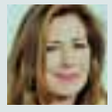
Will Smith reportedly had a steamy romp in a photo booth at a party with Focus co-star Margot Robbie, which may spell trouble for his allegedly shaky marriage to Jada Pinkett Smith, according to Star magazine. At the pre-Halloween bash in New Orleans, sources say Smith and Robbie slipped into the photo booth to pose for some snaps commemorating the night. "Once they pulled the curtain back to take the pictures, they let their inhibitions run wild, laughing, hugging and nuzzling each other in the dark," the source says. "He wasn't acting like a married man. He gave no signs that he was in a committed relationship." Smith and Robbie didn't stick around to collect the photos, though, as Smith's assistant snapped them up once they were printed. "After they left the party, they were gone all night," the source says. Apparently, Jada and Will Smith are living separate lives; they haven't appeared in public together since August. Smith has been in New Orleans for work since mid-September while Pinkett Smith has reportedly moved out of the family's home and is living with her brother, Caleb, in Calabasas, Calif. Is it bad that I'm OK with Will and Jada breaking up? They made it 15 years — that is several lifetimes for a union in Hollywood. What more do we want from them?

Abigail Breslin

Sun sets on Miss Breslin's innocent youth

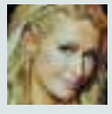
Little Miss Sunshine star Abigail Breslin is apparently all grown up at 17 years old — at least grown up enough to have a 25-year-old boyfriend. Breslin has reportedly "just started dating" All Time Low singer Jack Barakat, according to E! News. Breslin and Barakat were photographed together at the premiere for her latest film, Ender's Game, and he "visited her on the set of her new movie." Her rep had no comment.

Twitter



@DanaDelany
When I was 5, a raccoon took a sandwich out of my hand. I think he's outside my bedroom glass door. #truelove4ever

@NiallOfficial
I'm havin the weirdest few days with this jetlag! Weird stuff keeps happening to me!



@ParisHilton
Trying to decide what to do for New Years. Getting so many offers from around world from so many amazing places that it's hard to choose.

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They give him Maison, when he's in need...

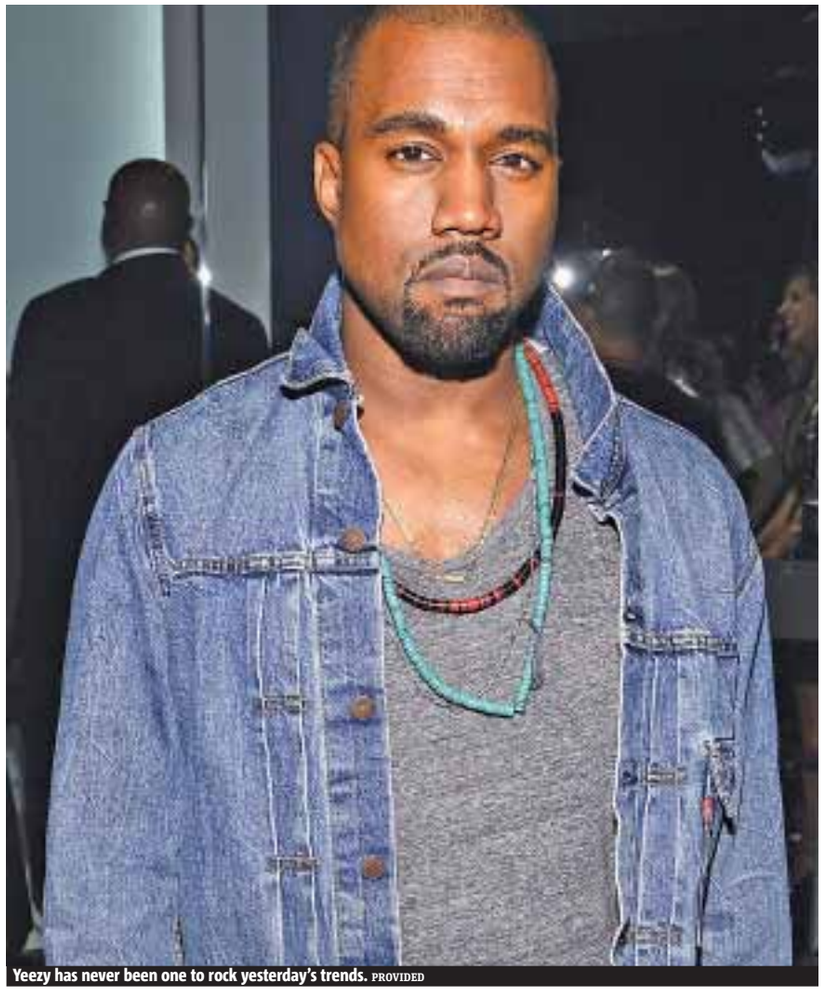
Tour de frock. From CD-Rom veils to re-purposed vintage gowns, Kanye West is determined to make fashion news, one way or another

ALICE TATE
Metro World News

It's been a big month for Kanye West. First, he puts a 15-carat rock on the finger of that small-time fiancée of his, Kim Kardashian. Next, he gets a giant wardrobe delivery courtesy of Maison Martin Margiela.

The French fashion house that has forever been shrouded in mystery has provided the singer with all of the outfits for his coming Yeezus tour. The extensive custom-made collection consists of 20 ready-to-wear pieces, 10 couture pieces, and a rumoured "exclusive" pair of trainers — we're intrigued.

The tour — the rapper's first solo concert trail in five years, which is taking him around North America — has unsurprisingly already garnered much music media attention. Heck, it even has its own Wikipedia page. But now, with the news of Margiela's involvement, it's caught the eye of the fashion world, too. We spoke to Margiela's team who answered the questions we were dying to know — except for the big one: will Margiela have any involvement in the wedding? For now, that one remains a mystery.



Yeezy has never been one to rock yesterday's trends. PROVIDED

How involved has Kanye been in designing the collection?
The collection is a re-work of Maison Martin Margiela's haute couture archive pieces. They have been chosen both by Kanye and the Maison. The Maison then researched new fabrics and volumes to reinterpret the pieces and match contemporary artist Vanessa Beecroft's scenography.

Can you guide us through some of the key pieces?
An elongated embroidered bomber jacket was remade from a 1900s lady's dress; a coat was made out of military blankets; and military jackets were assembled together to create an oversized cape. As for the veils, some have been re-interpreted from our archives, while others were created specially for the Yeezus tour. Four different veils complete the set— one is composed of marble pieces and another one is made from CD-ROMs. All are embroidered on a silk chiffon base.

How long has it taken to pull the outfits together?
It took approximately five weeks from the first piece of research to the final fittings.

Are celebrity relations and outfits a direction Margiela is looking to take?
The Maison still has a very discreet policy in terms of celebrity dressing but we always choose to work with people we feel close to.

Will any of the pieces from the tour retail?
None of these pieces will be sold. Similar sneakers can be found in store as they are Margiela classics but this pair were reproduced in special colours for the Yeezus tour.

Selective style

"The Maison still has a very discreet policy in terms of celebrity dressing but we always choose to work with people we feel close to."
Maison Martin Margiela team

Wanted. Maloles loafer

When you think of tortoiseshell you probably only associate it with eyewear. And rightly so, because it's rarely used outside of that narrow confine. That's why these Maloles loafers are Wanted-worthy — they take an underused material and make use of its full potential.

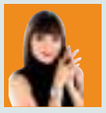
KIT GILBERT

Wanted. Eddie Borgo bracelet

Eddie Borgo will redefine how you look at cocktail jewelry. This gold-plated bracelet is inlaid with beautifully tonally balanced stones, including howlite, jade and oynx, bringing more to your jewelry box than your average, conventional cheap and cheerful pieces.
$746, mytheresa.com

KIT GILBERT

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Stellar SS14 collection from @AltuzarraStudio this aft @agotoronto #Lunchwith MG benefit+WHAT a venue for a show!

Go Canada! LOVE." @SteveMartinToGo: When you're dining with Martin Short and Catherine O'Hara life is almost perfect.

Jacobs left his Marc. Louis Vuitton appoints new artistic director

Louis Vuitton has named Nicolas Ghesquiere as its new artistic director, replacing the outgoing Marc Jacobs with the designer best known for his ties to the Balenciaga fashion house.

Louis Vuitton announced the appointment on its official Twitter account with a black-and-white photo of Ghesquiere. Jacobs parted ways with Louis Vuitton in September, although his namesake brand still falls under the LVMH umbrella. His replacement has been the subject of intense interest, both among investors for LVMH Moet Hennessy Louis Vuitton and in the fashion world.

THE ASSOCIATED PRESS

Trends Report

- Socks are often thought of as a necessity, rather than a fashion accessory for men. But Jared March, founder of Socking Behaviour, wants to convince men to give more personality to their feet with stylish socks. Go online to Trends Report to get some style tips from Jared and to learn more about Socking Behaviour.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK or on Instagram at KUANIRENE

Singing of sadness, style and the soul

Andreya Triana.
The British singer-songwriter talks childhood trauma, culture clashes and her worldly fashion finds

RICHARD PECKETT
Metro World News

Andreya Triana would wow and seduce any audience tuned into an X Factor-style talent show. Her smoky soulful sound, the boldly bright costumery and breezy affability are winning traits. And she's even got the sob story — not that she would need to simper her way into the public's hearts. But the London-born Triana is too talented for all that. The singer is signed to indie label Ninja Tune and has collaborated with Bonobo — a.k.a Simon Green — who produced her first album Lost Where I Belong, and has also worked with Flying Lotus and Mr. Scruff. In fact, she's the antithesis of a fame-lusting would-be starlet. "The whole concept of getting a deal with one hit and being famous for two minutes is my worst nightmare. I'm trying to build a career," explains the artist currently working on her second album. Triana's certainly no stranger to hard graft and in an industry synonymous with cut-throat ruthlessness, her sound and style are likely to put her in strong stead for future success.

Your look, like your vocals, is very strong. How do the bold prints and tribal-style necklaces represent you?
I'm mixed race — I have Caribbean, Trinidadian and English heritage, so I think that vibrant prints and traditional statement jewelry represent my roots. But also, it's part of where I live now in Stoke Newington, East London — it's a culmination of many cultural influences.

You've got a bit of an onstage uniform with the prints, the suit jackets, the trousers. Why such a bold persona?
I've always said that I would never do a gig in something that I've been in all day, and I think Elton John had it right when he explained that being on stage is an occasion and you're privileged that people have come to hear you — it's about making an effort.

Understandably, foundations are important for Triana, who grew up with an absent father and working dead-end jobs, such as at a hearing aid shop and local post-office. CONTRIBUTED

It's a very traditional thing to get dressed up for an occasion, isn't it?
It is — but I really like that. It makes me feel poised and ready for the performance. It's a kind of mental preparation.

Speaking of on-stage style, you wear flowers in your hair. How can people pull this off without looking like a bridesmaid or a '60s hippy?
Stick them in and hope for the best — that's all you've got to do.

Apart from getting dressed up, how else do you prepare for a gig?
I always have a glass of red wine. I also go through phases of listening to one track before going on stage — for a long time it was Katy B On A Mission.

Have you ever got it wrong and had too much wine?
Yes, years ago (laughs). I learnt my lesson, thank goodness. This was when I was a student in Leeds and a singer had dropped out, so I had to fill in for my old band. I really didn't want to do the gig and I ended up drinking a bottle of wine. I looked like a flailing banshee with a tambourine.

In past interviews, you've mentioned your tough childhood. Did writing songs and poetry form part of your escapism?
Yeah, it did. At the time, I felt very isolated. I grew up around like 30 cousins, so there was always this amazing network of people that I loved around me all the time. Then we moved to the West Midlands, central England and it wasn't culturally diverse — a place where the racist National Front had a presence.

It sounds like a difficult time. Were you subject to any abuse?
There was definitely racism, yeah — but I think it was more ignorance than anything. At my entire school there was me, one black guy, one Chinese girl and that was it. And I don't mind that but I think it's when people have a certain ignorance to different cultures that problems arise.

As you mentioned earlier, your songs are very personal to you, but how do your fans interpret your songs?
This girl told me a funny story related to Daydreamers, actually. She said, "Yeah, I can just imagine that being about a woman in a strip club who's finishing work at the end of the day."

A Grilled Maple-Glazed Apple Slice a day keeps the taste buds happy

The recipe makes about 1 cup of glaze, but you won't need all of it. The extra can be covered and refrigerated for several weeks. It is delicious over pancakes, waffles, French toast or ice cream. It also is great used on chicken, turkey and pork.

1. Glaze: In small, heavy-bottomed saucepan over low heat, combine maple syrup, cider and sugar. Stir to dissolve sugar, then add the cinnamon stick, star anise and cloves. Bring to a simmer and cook until reduced by about a quarter. Stir in 1 teaspoon of the soy sauce. Taste and adjust with more, if desired. Let cool to room temperature, then remove the spices.

2. Heat grill to medium-low.

Ingredients

Glaze:
- 1 cup maple syrup
- 1/4 cup apple cider
- 1/4 cup dark brown sugar
- 1 cinnamon stick
- 2 whole star anise
- 1/8 tsp ground cloves
- 1 to 2 tsp soy sauce (optional)

- 2 large tart apples, such as Granny Smith
- Vegetable oil

Grilled Maple-Glazed Apple Slices

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. With apple corer, cut out cores and seeds from apples, leaving apples otherwise whole. Setting the apples on their sides, cut each into 1/2-inch-thick rings. Brush both sides of each apple ring with oil.

4. When the grill is ready, place the apple rings on the grill grates and cook with the grill covered for 2 minutes per side, or until they have deep grill marks on both sides. Brush the tops of the apple rings with the prepared glaze, then cook for another 2 minutes. Turn over, brush with more glaze, then grill for another 2 minutes.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Side. Skillet Cranberry-Apple Sauce & Pistachios

These fruits complement one another so wonderfully, there actually are numerous ways to combine them. You could even chop raw cranberries and apples, then toss them with sweetened lemon juice, red onion and minced jalapenos for a fresh salsa-like accompaniment.

1. In a large skillet over medium-high, melt the butter. Add the apples and cook until lightly browned on all sides, 5 to 7 minutes. Add the vinegar, water, brown sugar, cinnamon, cardamom and cranberries. Stir well and bring to a simmer. Cook until the liquid is thick and syrupy, 2 to 3 minutes.

2. Spoon the apple-cranberry sauce into a serving bowl, then top with the pistachios. Serve warm or at room temperature. **THE ASSOCIATED PRESS**

Ingredients

- 1 tbsp butter
- 4 large apples, peeled, cored and cut into 1/2-inch wedges
- 2 tbsp cider vinegar
- 1/3 cup water
- 2 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp ground cardamom
- 1 cup dried cranberries
- 1/4 cup crushed toasted pistachios

For your phone

Lush Mixed Drinks (iPhone; $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

The best guide to the most sought-after drinks, Lush uses playful animations and a simple navigation to make it easy to find and save drinks by flavour, ingredient and even movies.

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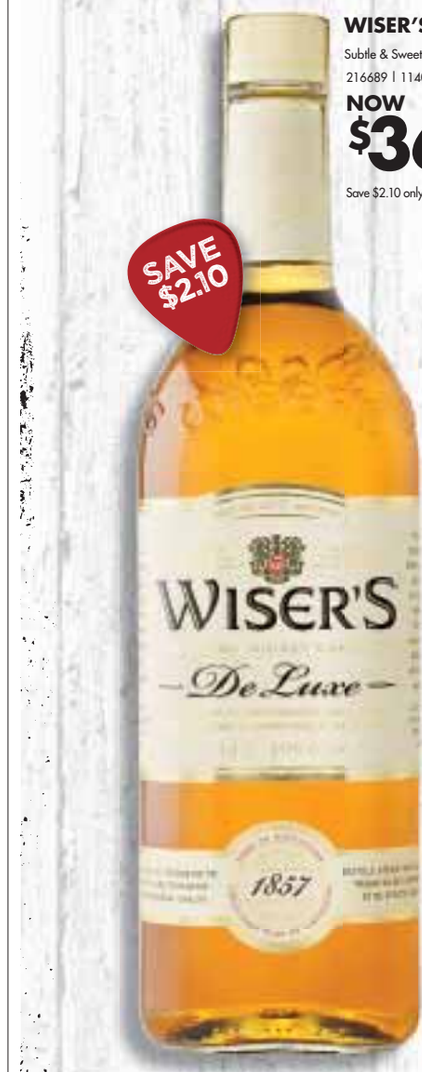

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Double-duty daybeds

The daybed has been a furnishing staple for hundreds of years, and with good reason — it's the perfect blend of sofa and guest bed. It works in a small space as a double-duty piece, and in a large space, it can float in the middle of a room.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Chic and colourful

It's a stylish lounge by day, but flips out into an oversized queen bed by night. Lubi Turquoise Sleeper Daybed, $999, cb2.com.

Storage solution

Simple lines, a stylish tufted mattress and storage drawers mean this works as a spare bed or home-office perch. Stratton Daybed With Drawers, $2,090, potterybarn.com.

Two-sided perch

Because this is open on each side, it's the perfect two-sided perch when floated in the middle of a long room. Natuzzi Sassi Leather Daybed, $1,800, sears.ca.

The all-rounder

A bed, couch and storage all in one. Ikea PS Daybed, $599, ikea.ca.

Room for a crowd

Extra length and traditional lines make this custom piece hip and happening. Nine Foot Field Bench, $4,500 US, johnderian.com.

Entertaining

Don't be a guest at your own party

Is there really such a thing as carefree entertaining?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Though the era of domestic staff is long over, many people are still trying to convince the modern-day host that it's somehow possible to entertain at home stress-free while acting like a guest at your own party.

Well, I'm here to tell you that there is nothing further from the truth.

Yes, a get-together at your home can be done with a minimum of stress depending on how you plan your menu. Let me give you a few examples. If you're going to be cooking the dinner, choose menu items that you can make ahead of time. Then all you have to do is put them on the stove or in the oven, and pay them relatively little attention until they're ready. A beef stew, lasagna or roast chicken are great examples. Make your salad ahead of time too, so all you need to do when you serve it is to add your homemade dressing. Have your friends bring a ready-made cake for dessert. You, my readers, get the point.

But as for the question of whether you can act like a guest at your own party, the answer is — never.

You see, as a host, you have the important responsibility of ensuring your guests are having a good time. You want to make sure they always have a drink in hand, that the dip for your hors d'oeuvres is fresh, and that everyone has something to eat and, most importantly, someone interesting or fun to talk to. What this means is that you can never completely relax as a guest would.

You can and absolutely should have a good time — just don't confuse having a good time with abdicating your responsibilities as a host.

By all means have a good time at your own party, Charles says, but don't forget your responsibilities toward your guests. ISTOCK

Plugged in, but with panache

Futuristic furniture. The marriage of technology and decor has come a long way in recent years

The New Audio Desk by Symbol Audio has built-in high-quality speakers, and is available in maple, walnut, oak or cherry. SYMBOL AUDIO/THE ASSOCIATED PRESS

It's one thing to have a beautiful, comfy bed. But what if it also included a TV screen, game console and dimmable, colour-changing lights?

Or say you've got just enough room in your apartment for a credenza or speakers, but not both. How about one piece that includes both — and a whole media system?

The integration of technology into home decor has come a long way since clunky TV screens peered out of armoires and media cabinets; today's super-thin screens can come embedded in the bathroom mirror or attached to the wall-like pieces of art.

TV manufacturers are moving into OLED (organic light emitting diode) technology, which can be linked to computers and other tech devices. It's thin as a pencil and able to be curved.

As for sound systems, Symbol Audio of Nyack, N.Y., has a New Audio Desk that incorporates high-quality speakers into a slim writing desk crafted from maple, walnut, oak or cherry.

Baby boomers may remember the family's old hi-fi system. While iPhones and iPads can now hold the equivalent of hundreds of Mitch Miller albums, there are still those among us who like the mid-century chic of a retro-styled system.

Symbol Audio (symbolaudio.com) pays homage to the hi-fi with the Modern Record Console, a walnut cabinet outfitted with a hand-built turntable, amplifier and built-in wireless router.

"The act of removing an album from its sleeve, cleaning and placing it on the turntable is interactive and physical. There is an undeniable charm to vinyl that's more than just a fascination with the past," said Blake Tovin, Symbol's founder.

Designer Chris Cushingham of Brooklyn, N.Y., crafts his own version of the hi-fi console out of walnut and corrugated cardboard. He'll also make you a custom one using your record player, audio gear and LP collection. Visit cushdesignstudio.com for more info.

Italian designer Edoardo Carlino's spacy-looking Hi Can canopy bed incorporates a theatre screen, integrated PC and game consoles, and built-in lights to create a self-contained bedroom-playroom. Check out hi-can.com.

Replace ceiling, floor or table lamps with IAV Lightspeaker's wireless fixtures (iavlightspeaker.com) and run your music through them. You get lighting, surround sound and no expensive wiring to deal with. For rentals and vacation homes, there's an outdoor version built into a faux rock you could put on a patio.

Kohler's Moxie showerhead (kohler.ca) has a Bluetooth speaker attachment so you can sync radio or playlists for bathing music. Disengage the speaker and carry it to another room, or the beach. Colours include white, cherry red, navy and chartreuse.

Ready for entertaining? Just hit "party" on Lutron's new Homeworks system. It sets the mood of a room with spotlights, dimmable overheads, music and thermostat settings. The company offers customized lighting options for a variety of moods and rooms. Visit lutron.com.

If you'd just like to disguise outlet and vent covers, check out Trufig's marble, wallpaper, wood or concrete flush-mounted options, (trufig.com) which make the connection disappear into the wall. THE CANADIAN PRESS

Salamander Designs' Chicago console has high performance loudspeakers in elegant cabinetry. It's clad in striated black oak, intended to evoke the prairie grass of the Midwest. There are also versions done in walnut, American cherry and high gloss white lacquer. SALAMANDER DESIGNS/THE ASSOCIATED PRESS

Symbol Audio's Modern Record Console, an updated take on the retro hi-fi system, has a walnut cabinet outfitted with a hand-built turntable, amplifier and built-in wireless router. CHRIS CARROLL/SYMBOL AUDIO/THE ASSOCIATED PRESS

TV screens around the home

- The wallpaper mode on Sharp's new high-definition Aquos TV lets you display photos, paintings or other images as wall art when you aren't watching television. You can set a clock for display times, and the light level is reduced to get rid of glare.
- Want to stay on top of the morning news? Seura's TV screens embed in the bathroom vanity mirror. Robern's embed in the medicine cabinet. See seura.com and robern.com for more.
- TV manufacturers are moving into OLED (organic light emitting diode) technology, which can be linked to computers and other tech devices. It's thin as a pencil and able to be curved.

This Sharp AQUOS Ultra HD LED television features wallpaper mode, which allows a powered-off TV to display family photos, paintings or preloaded images. SHARP ELECTRONICS/THE ASSOCIATED PRESS

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A commitment to bold colour

Paint. If you're thinking of a bright feature wall, here are a few common mistakes to watch for

With bold paint colour becoming increasingly popular, many homeowners and interior designers are choosing to take the plunge with bright hues.

Bold feature walls and painted rooms are being seen more on the pages of magazines and design websites, and Kyla Bidgood, registered interior designer, said more of her clients are asking for the same.

"I think people have commitment issues with colour, but they want to experiment a little bit, and obviously the easiest way to do that is by not using paint," she said.

"You can use accessories, pillows, throw blankets or even area rugs to get pops of colour into a space without committing to paint your space." But if you're looking at expanding the splash of colour onto your walls, Bidgood said it is important to consider balance.

Even though many people perceive white as a neutral and boring colour, it can be an important addition to a space if furnishings, accessories and artwork are bright and bold.

"White really draws your eye away from the wall to other furnishing, art and patterns," said Bidgood. "Navy blue and blacks make a piece of art with a white frame really pop, especially if the art is in a bright colour."

Bidgood said many people pick their paint colours based on the chip at the store. Instead of buying all your paint based on the chip, Bidgood said take small paint samples of several variations of the colour.

"It's really about finding the right hue, so if you have a colour in mind chances are what it looks like on the chip is going to be different than how it looks on the wall," she said.

"Get maybe three to five variations of the colour, and paint the swatches right on the wall and have a look at it in different types of lighting. Sit with it for a few days because you might have an idea of how it will look, but after a few days you may not love it as much anymore."

A common mistake Bidgood said people make when it comes to picking a wall colour is that it can be something they would choose in a fabric or piece of clothing.

"It doesn't necessarily translate to a larger surface like a wall," she said. "When you're picking a colour you often need to pick a colour that is slightly less intense because it is going to be very bold when you paint a large space." THE CANADIAN PRESS

Resale value

- When it comes to using bright paint colours in a home, a concern is often how it might affect the resale of the property. But whether you go bold or safe and neutral, interior designer Kyla Bidgood said you're never going to great a space that everyone loves.
- "Chances are if you sell and someone moves in they will want to paint it again anyways," she said. "If I were to buy a house that was all beige, I would definitely be looking to paint it. It's not to say the neutrals are necessarily safe either."

A bright red door on a home decorated by Victoria-based interior designer Kyla Bidgood. JEN STEELE PHOTOGRAPHY

Victoria-based interior designer Kyla Bidgood perked up this home office with bright blue paint. JEN STEELE PHOTOGRAPHY/THE CANADIAN PRESS

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Update a bathroom without throwing cash down the drain

Decor. If you can't afford to replace retro fixtures, decorate around them

Bathrooms covered in outdated tile with coloured sinks and bathtubs can be an eyesore for many homeowners, but instead of spending money gutting and renovating, the space can be updated by combining modern design and personal tastes.

When clients approach Victoria interior designer Nicole Scott about updating their washrooms, she said they are often tired of living in a room that represents a previous owner's or tenant's style.

"It is usually that people have said to me that there is this oppressive feeling of it being someone else's tastes and they want to change the feeling of it," she said.

Spend vs. save

- There are areas where Scott said it's worth spending the money. For example, even though there are products that are marketed as being suitable to cover laminate countertops, Scott said she would never paint a counter top.

Unlike larger rooms in a home, bathroom redesigns — as long as major fixtures aren't being moved — can be tackled by the homeowner.

Homeowners may have to develop their design around larger items in the bathroom that because of budget can't be removed, Scott noted.

"I think that the first thing people need to figure out is what is the overall feeling or style they want to achieve and then you can pick all of your colours and finishes based on that," she said. "If you live in an older home and like more traditional style you can pick fixtures and go in that direction.

"For tenants in an apartment who aren't able to change very much you may want to go with the retro feel of the tiles you can't change, and run with that."

Scott said even though washrooms can have limited wall space it's a great option to use unusual and interesting visuals. "One of the things I'm obsessed with right now is vintage soap labels," said Scott. "On eBay I just ordered some for myself and a client. We have these great vintage soap labels that you can frame inexpensively and put two or three on a wall. THE CANADIAN PRESS

CIS awards

Mustangs collect national honours

Western Mustangs head coach Martin Painter was named CIS coach of the year and defender Jenna White earned CIS rookie-of-the-year honours Wednesday night before the start of the 2013 Canadian university women's soccer championships in Toronto.

Painter is the third Western bench boss to be named CIS women's soccer coach of the year, after Mark Eys in 2001 and Sheri Kitching-Fowler in 1997. White is the second Mustang to claim CIS rookie-of-the-year honours after Cristina Bonasia was the recipient in 2001.

Meanwhile, 15 Mustangs football players were named all-stars, with 11 earning first-team designations. METRO

LPGA

Hunt and Country club to host CP Canadian Open

The London Hunt and Country Club will get an LPGA event for the third time in 21 years in August.

And, also for the third time, the tournament will have a different name.

The Canadian Pacific Women's Open is set for Aug. 21-24 at the London course after the CN Canadian Women's Open was held there in 2006 and the DuMaurier Classic was on site in 1993.

The same club also played host to the Canadian Open men's tournament in 1970, the only time the men's tournament has been held in the area. METRO

Bolts' guard has national aspirations

NBL Canada.
Lightning's Williamson hoping to get chance with Canada basketball

DAVE LANGFORD
dave.langford@metronews.ca

Garrett Williamson would just love the opportunity to try out.

His London Lightning head coach, Micheal Ray Richardson, was much more direct: "There is no way (Williamson) shouldn't be on the national team, no way," Richardson said before the Lightning's practice Wednesday.

And when we mention national team, we are talking about the Canadian men's basketball team. The player, meanwhile, is the Lightning's shooting guard who's two games deep into his first season in the National Basketball League of Canada.

Williamson, 25, of Philadelphia, played his college ball at St. Joseph's and played pro ball in Germany last year.

He was recommended to the London organization, with the "bonus" information that he had dual citizenship — his mother a Canadian born in the Toronto area. All NBL teams must have three Canadians on their rosters.

"We were going to bring him anyway as an American," Richardson said.

Williamson has the ability to play not only for the Canadian team, but also in the NBA, the coach said.

"He's a great defender. A real good slasher," he said. "He has an unbelievable motor, just a great all-around basketball player."

Williamson, who led the team in scoring (25 points) and time played (40 minutes) in the home opener on Saturday, said the opportunity to play for the Canadian team would be a dream come true.

But right now, he wants to focus on getting the Lightning on the right path.

"That was kind of my goal coming up here — getting the dual citizenship — was come here, play for the Lightning, which was a winning team, and hopefully boost the resumé with that and then ideally try and get on that national team," Williamson said.

Williamson said he played against current Canadian team forward Andrew Nicholson in college and he attended a pro training camp with guard Andy Rautins.

But he doesn't want to get ahead of himself.

"At practice so far this week, the intensity has been up," Williamson said. "The guys have really been getting after it. So hopefully we can get this thing right."

The Lightning (0-2) play at 7 p.m. Saturday at Budweiser Gardens against the expansion Ottawa Skyhawks.

For the game, the Lightning have deactivated centre Al'lonzo Coleman (hip injury) and have activated point guard Raheem Singleton.

Garrett Williamson drives to the basket during the London Lightning's Oct. 27 exhibition game against the Brampton A's at Budweiser Gardens. ANGELA MULLINS/METRO

Williamson at ease

A new home in Forest City

Home, sweet home. Almost.

Lightning rookie Garrett Williamson said he is enjoying his time in London.

"Where I was at in Germany last year, it was pretty isolated," he said. "Nice to be here and have people speaking English. There are places to go and stuff to do."

He also loves that his family is close by. His mother and brother drove up from their home in Philadelphia for the home opener and his grandfather, aunt and cousin came from the Toronto area .

"It's probably the closest I've played to home since college," he said.

Anderson 'hits' homer with new deal

Maybe it was a coincidence. Or maybe it wasn't.

But two days after London Knights winger Josh Anderson had two big hits in the opening shift of the team's most important game this season, he had an NHL contract in his hip pocket.

And it was Anderson's hits on Erie defencemen that set the tone for the Knights in stopping the Otters' 11-game winning streak.

On Tuesday, the Columbus Blue Jackets fourth-round selection in the NHL's 2012 entry draft signed a three-year deal.

"You see that (Anderson) is going to be a big part of that organization, and they want him on board right now, which is a credit to him," Knights head coach Dale Hunter said before Thursday's practice.

Anderson said Sunday's win was a team effort in every way.

"It was just everybody sticking to their roles," Anderson said. "We had that shutdown line that shut down (Conner) McDavid, Connor Brown and (Dane) Fox. And we had other players scoring and doing their roles, the defence blocking shots and obviously (goalie Anthony Stolarz) was great for us."

Anderson said he wasn't concerned before he signed with Columbus, but was still relieved to get a deal.

"Knew if I kept playing my game, being physical and being a power forward, they would see that," he said.

The Knights go for their third straight win Thursday at Budweiser Gardens when they face the Guelph Storm at 7 p.m. They host the Barrie Colts on Friday at 7:30 p.m.

DAVE LANGFORD/METRO

Josh Anderson battles with the Mooseheads' Nathan MacKinnon during last May's Memorial Cup in Saskatoon. LIAM RICHARDS/THE CANADIAN PRESS

4 SPORTS

Leafs' Fraser gives Devils their due

NHL. Returning defenceman available to play against his former team, but a logjam has been created on blue-line

Mark Fraser's return to the Maple Leafs from injury will be a welcome moment.

But it could also touch off another guessing game — if he's in, who's out?

That answer may be provided Friday when the Leafs meet the New Jersey Devils on home ice, a game that will also pit Fraser and winger David Clarkson against their former team for the first time this season.

Right now, Fraser is facing a situation where the Leafs are flush with seven defencemen. John-Michael Liles may be returned to the Marlies to make way for Fraser, but that depth still creates a decision for the coaching staff.

Mark Fraser TORSTAR NEWS SERVICE FILE

Ultimately, one of the current top six will likely become a healthy scratch if Fraser is back in the lineup.

It may be time the Leafs give Morgan Rielly a break, but there's nothing to indicate coach Randy Carlyle is thinking about sitting the prized rookie. Rielly has been paired with Cody Franson, and if he sits, it would open the door for Fraser, who was paired with Franson for the entire season last year.

"My goal is to play (against New Jersey) … at this point it's a coach's decision but I'm ready to play," said Fraser, who has missed 13 games since suffering a knee injury in a game against the Philadelphia Flyers during a fight with ex-Leaf Jay Rosehill.

Fraser doesn't have to be reminded about his departure from the Devils. He was traded in December 2011 to the Ducks, then a month later he was packing his bags again for Toronto in a deal the Leafs worked out with Anaheim for Dale Mitchell.

"There's no bad blood over not playing there but I was basically told I wasn't going to play anymore," Fraser said. "But definitely, I give all the credit to that organization for the player I am today. They had a great defensive system there and I learned a lot about how to play.

TORSTAR NEWS SERVICE

Nadal ending year on top

Rafael Nadal clinched the year-end No. 1 ranking for the third time by defeating Stanislas Wawrinka 7-6 (5), 7-6 (6) Wednesday in the quarter-finals of the ATP finals in London. Nadal, who beat Wawrinka for the 12th time in as many matches, can't be overtaken by No. 2 Novak Djokovic. SANG TAN/THE ASSOCIATED PRESS

Dolphins bullying

Fins causing family feud

CATHAL KELLY
Special to Metro

It's an important trope of sports that all of us who watch it sub in the word "family" when we think of "team."

That's what they're selling. You'll never be a brother. At best, you're a distant cousin. But you are all bound by a camaraderie.

This is why the NFL is jumping so hard on the Jonathan Martin-Richie Incognito story. It's gotten far more reaction, far more quickly than the concussion problem.

The concussion problem is a closed loop. It's players hurting players.

The Incognito problem — tormenting a teammate into some sort of breakdown — spins outward. It endangers the concept of family, and our imagined place in it.

GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON RICHIE INCOGNITO.

NEXT HOME GAME

VS. OTTAWA SKYHAWKS

Saturday
November 9th @ 7pm

Lightning's first game vs the new expansion team from Ottawa

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lightningbasketball.ca

Budweiser GARDENS

ROAD TO THE THREE PEAT

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	16	9	5	2	40	41	20
Boston	14	8	5	1	38	28	17
Montreal	16	8	7	1	43	34	17
Ottawa	15	5	6	4	46	48	14
Florida	15	3	8	4	31	53	10
Buffalo	17	3	13	1	31	53	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
Washington	15	8	7	0	50	42	16
NY Islanders	15	6	6	3	47	50	15
Carolina	15	5	7	3	29	45	13
NY Rangers	14	6	8	0	26	40	12
Columbus	14	5	9	0	34	40	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	14	4	9	1	22	39	9

Tuesday's results
Dallas 3 Boston 2 (SO)
Ottawa 4 Columbus 1
Washington 6 NY Islanders 2
Edmonton 4 Florida 3 (OT)
St. Louis 3 Montreal 2 (SO)
Carolina 2 Philadelphia 1 (OT)
Minnesota 5 Calgary 1
Phoenix 3 Vancouver 2 (SO)
Buffalo 5 San Jose 4 (SO)

Wednesday's results
Pittsburgh at NY Rangers, 7:30 p.m.
Winnipeg at Chicago, 8 p.m.
Nashville at Colorado, 9:30 p.m.
Phoenix at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	16	9	4	3	43	35	21
St. Louis	13	9	2	2	47	31	20
Nashville	14	7	5	2	31	40	16
Dallas	15	7	6	2	40	44	16
Winnipeg	16	6	8	2	39	47	14

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	12	3	1	52	40	25
San Jose	15	10	1	4	57	32	24
Phoenix	16	11	3	2	54	48	24
Vancouver	17	10	5	2	48	44	22
Los Angeles	15	9	6	0	43	40	18
Calgary	15	6	7	2	43	54	14
Edmonton	16	4	10	2	40	62	10

Note: Two points for a win, one point for overtime loss.

Thursday's games
All Times Eastern
Minnesota at Washington, 7 p.m.
Florida at Boston, 7 p.m.
Montreal at Ottawa, 7 p.m.
NY Islanders at Carolina, 7 p.m.
NY Rangers at Columbus, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Dallas at Detroit, 7:30 p.m.
Edmonton at Tampa Bay, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Buffalo at Los Angeles, 10:30 p.m.
Vancouver at San Jose, 10:30 p.m.

Friday's games
New Jersey at Toronto, 7:30 p.m.
Nashville at Winnipeg, 8 p.m.
Calgary at Colorado, 9 p.m.
Buffalo at Anaheim, 10 p.m.

MLS PLAYOFFS

CONFERENCE SEMIFINALS

EASTERN CONFERENCE

NEW YORK VS. HOUSTON

Wednesday's game — All Times Eastern
Leg 2 — Houston at New York, 8 p.m.

SPORTING KC VS. NEW ENGLAND

Wednesday's game
Leg 2 — New England at Sporting KC, 9 p.m.

WESTERN CONFERENCE

PORTLAND VS. SEATTLE

Thursday's game
Leg 2 — Seattle at Portland, 11 p.m.

REAL SALT LAKE VS. LA GALAXY

Thursday's game
Leg 2 — LA Galaxy at Real Salt Lake, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	4	0	1.000	—
Philadelphia	3	1	.750	1
Miami	3	2	.600	11/2
Toronto	2	2	.500	2
Charlotte	2	2	.500	2
Atlanta	2	2	.500	2
Orlando	2	2	.500	2
Cleveland	2	2	.500	2
Detroit	2	2	.500	2
Brooklyn	2	2	.500	2
Chicago	1	2	.333	21/2
Milwaukee	1	2	.333	21/2
New York	1	3	.250	3
Washington	0	3	.000	31/2
Boston	0	4	.000	4

WESTERN CONFERENCE

	W	L	Pct	GB
Houston	4	1	.800	—
L.A. Clippers	3	1	.750	1/2
Phoenix	3	1	.750	1/2
Minnesota	3	1	.750	1/2
Golden State	3	1	.750	1/2
San Antonio	3	1	.750	1/2
Dallas	3	1	.750	1/2
Oklahoma City	2	1	.667	1
Memphis	2	2	.500	11/2
Portland	2	2	.500	11/2
L.A. Lakers	2	3	.400	2
Sacramento	1	3	.250	21/2
New Orleans	1	3	.250	21/2
Denver	0	3	.000	3
Utah	0	4	.000	31/2

x - clinched playoff berth; **y** - division; **z** - conference.

Wednesday's results
L.A. Clippers at Orlando
Washington at Philadelphia
Toronto at Charlotte
Chicago at Indiana
Utah at Boston
Golden State at Minnesota
Cleveland at Milwaukee
New Orleans at Memphis
Phoenix at San Antonio
Dallas at Oklahoma City.

CFL PLAYOFFS

DIVISION SEMIFINALS

EAST DIVISION

Sunday's game — All Times Eastern
Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST DIVISION

Sunday's game
B.C. at Saskatchewan, 4:30 p.m.
Byes: Toronto (East), Calgary (West)

Horoscopes

♈ Aries
March 21 - April 20
Do you feel good about yourself or do you feel guilty about some of the things you have done? If it's the latter, don't worry: fate is about to provide you with an opportunity to make amends. Take it.

♉ Taurus
April 21 - May 21
If you have something to say, say it now because after today it won't be so easy to find the right words. It does not matter if you are right or wrong, it matters only that you get your opinions out into the world.

♊ Gemini
May 22 - June 21
Make an effort to talk to people about your dreams today. Don't be shy: Let them know what it is you desire most and how you intend to get it. If they are aware of your needs, they may be able to assist you.

♋ Cancer
June 22 - July 23
No matter how much you were looking forward to some down time over the next few days, the planets indicate you will have to put your social plans on hold for a while. It's your fault for leaving a task half-finished.

♌ Leo
July 24 - Aug. 23
Be wary of someone who wants to know all about you. It could be they are being friendly but it could also be they are looking for information they can use against you.

♍ Virgo
Aug. 24 - Sept. 23
You may think you have to adjust your long-term ambitions but from the look of your chart, you should let the current scenario work itself out.

♎ Libra
Sept. 24 - Oct. 23
Learn how to adapt because if you don't, you will be left behind. The world is changing by the day, the hour, the minute, and you must change with it. It's a matter of survival.

♏ Scorpio
Oct. 24 - Nov. 22
Is someone trying to confuse you or are you confusing yourself? From the look of your solar chart, it is most likely the latter. Get your head and then your act together! Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
The only way to resolve a disagreement is to refuse to argue about it. You should know by now that some people are so extreme in their views that they can never be reasoned with. Ignore them.

♑ Capricorn
Dec. 22 - Jan. 20
Jupiter, planet of good fortune, turns retrograde today but that does not mean your lucky streak is about to end. It does mean though that you need to take other people's feelings into account a bit more.

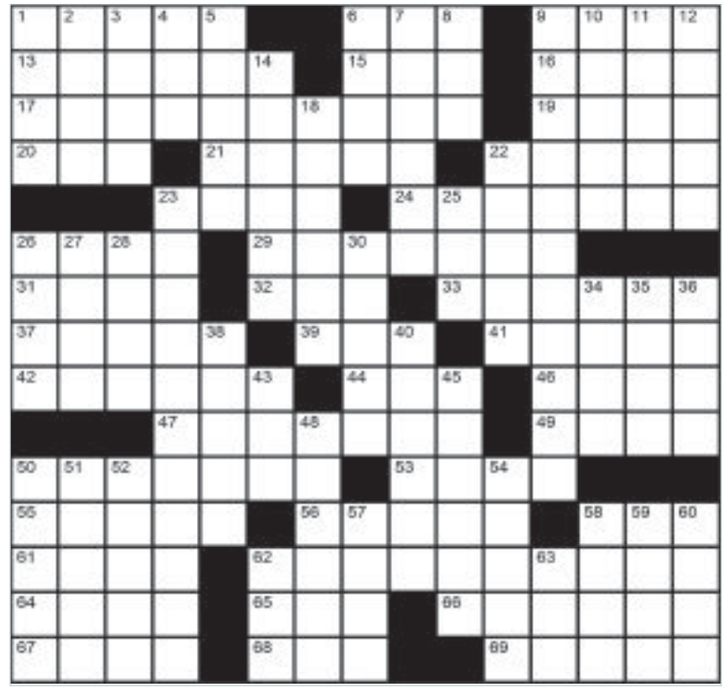
♒ Aquarius
Jan. 21 - Feb. 19
You may feel sorry that a friend is having problems but is there anything practical you can do to help? If there is, do it. If there isn't, stay out of the way.

♓ Pisces
Feb. 20 - March 20
A decision will have to be reviewed in the light of new information and, you must admit that you got it wrong. Mistakes are a fact of life. It's whether you learn from them that matters. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

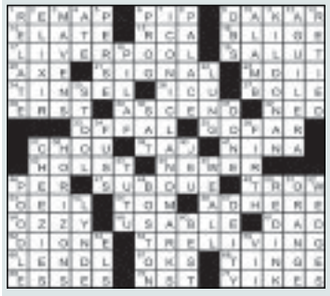
BY KELLY ANN BUCHANAN



Across
1. Toronto's CFL team, commonly
6. Fall behind
9. Alphabet sequence
13. Internet: 2 wds.
15. 1954 Rosemary Clooney hit: "This __ House"
16. "I need _ __." (Dusting demand)
17. Springdale, Newfoundland born actress Natasha
19. Fun construction set
20. Roosted
21. Trumpet-playing Muppet
22. "The Six Million Dollar Man" character Mr. Goldman
23. Horn honk
24. Sky's streaks of light
26. "Good Times" disco group
29. Airport northwest of Montreal
31. Wood strip
32. Singer Ms. Sumac
33. One of classical music's 'Three Bs'
37. Saint __ Mountains (Range where Mount Vancouver is)
39. Author Ms. LeShan
41. Violinist Mr. Stern
42. PMO = Prime Minister's __
44. Suffix meaning 'Sort of'
46. "Howdy!": 2 wds.
47. Bar sing-a-long
49. Panache
50. Much-studied-a-subject expert
53. Some trees
55. Secret chest
56. Things over there
58. Mantric syllables
61. Pines
62. "Hockey Night in Canada", for one: 2 wds.
64. Potato __ (Sort of soup)
65. Furthermore
66. Serena Ryder hit
67. Water's whirl-ee
68. Research paper, e.g.
69. Ms. Spacek

Down
1. Olympics participants, for short
2. Ms. Perlman
3. Fine fellow
4. Famous talk show maven ...her initials-sharers
5. Ready, __, __!
6. City in Poland
7. Sault Ste. Marie: __ University
8. Barry Gibb, Bee __
9. Makeup kit items: 2 wds.
10. __-Roman wrestling
11. Rock singer Sammy who has fronted Van Halen
12. Mr. Stravinsky's
14. Like a floor-sweeping implement
18. Sooner or later: 2 wds.
22. SNL alum Cheri
23. 1892 ballet The Nutcracker composer, b.1840 - d.1893
25. Reflux
26. Mark Antony's love, for short
27. Fifty percent
28. "I can't help __ __..." (Excuse start)
30. Car's dashboard item
34. Salute
35. SNL alum Ms. Rudolph
36. Glance over
38. Reduce, __ back on
40. Request: 2 wds.
43. 'E' in BCE
45. Stickups
48. Lada Gaga's new album
50. Vogue concern
51. "With Arms Wide Open": 2000 hit for what band?
52. Perfected
54. Breaks
57. Laugh-a-minute
58. Electrical resistance units
59. Cleaning implements
60. Affect, as opinion
62. Bering, e.g.
63. "...or __ _ thought."

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	2	4	8	6	9	3	5	1
8	9	1	7	5	3	4	2	6
5	3	6	1	2	4	9	8	7
3	4	5	2	8	1	7	6	9
9	1	7	5	3	6	2	4	8
2	6	8	9	4	7	5	1	3
4	7	3	6	1	2	8	9	5
6	5	2	3	9	8	1	7	4
1	8	9	4	7	5	6	3	2

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